

HOW TO COOK • HOW TO CARVE • HOW TO SERVE



WITH THE COMPLIMENTS OF

**LEAMINGS QUALITY MEATS**

32 QUEEN STREET, WAIUKU

PHONES 23 and 403 — Residence 19



## *'Greetings From Your Meat Retailer'*

**YOUR LOCAL "MEAT RETAILER"** is proud to be associated with this publication, and happily accepts the opportunity to convey a message of goodwill to our Customers, and the consumer generally.

The Worshipful Company of Butchers is one of the several oldest of the City of London Livery Companies, and it is recorded in Strype's edition of Stow's Survey that it was established in the year 975 A.D. The unbroken record therefore extends upwards of a thousand years. Due to the fact that the meat trade is engaged in handling the most basic article of food required to maintain the good health of the nation, the people engaged in the preparation, manufacturing and merchandising of meat have a definite responsibility to the community.

Laws are enforced to compel the observance of regulations ensuring the conduct of the trade in as clean and hygienic manner as possible.

### **"RETAIL MEAT DISTRIBUTION"**

In the past few years many changes have taken place in the retailing of meat. The old traditional butcher shop and the conventional system of retailing of meat is severely challenged with pre-cut and pre-packaged meats through the more modern system of self-service. It is our considered opinion that the old-fashioned butcher shop is far from being on the way out. Without bringing any other criticism to bear on self-service mechanism it is enough to point out, that even in the more populated and progressive countries it constitutes a fraction of retail sales.

With the passing of old habits and customs to a new era of retail marketing and distribution of all commodities, in particular meat, it presents a controversial subject which time alone will solve. It is our considered opinion that the younger generation who are our future markets, have very little knowledge of joints and cuts and economy buying, and we would stress that more opportunity be given the consumers to discuss their problems with the more experienced tradesman by means of addresses or lectures, together with practical demonstrations if necessary.

Your meat retailers stress personal service and attention as a moral obligation to the community, and we welcome this publication trusting it will assist you in your selection and preparation of another meal.

**"At Your Service"**

**FAITHFULLY YOURS.**

**THE LOCAL BUTCHER**



# *Meat*

IS NOT A LUXURY IT IS A  
HEALTH NECESSITY

Meat contains first-class protein and fat which is assimilable and fairly easily digested. There is also a certain proportion of minerals and vitamins. The individual choice of meat is often influenced by personal beliefs—whether proved or not—about the digestibility of different types. The internal organs have special blood building qualities, and are also high in vitamins and protein.

The tenderness of Meat depends on the age and feeding of the beast, also on the hanging and preparation after killing. The flavour is also determined by various factors such as the feeding, age, sex, exercise and ripeness.—the older the flesh the greater the flavour in most cases, some very young flesh being rather insipid.

## **MEAT CONTAINS IMPORTANT VITAMINS**

Important vitamins are especially concentrated in meat which are required for growth, blood and bone development. As meat is not fattening it is also a great food for helping you to reduce excess weight.

## **HELP FROM YOUR BUTCHER**

You can obtain expert advice from your butcher in the selection of all your daily meat requirements if you need helpful suggestions. He can tell you what is suitable for roast, stewing, braizing etc. and also recommend economical cuts.



# Buying

## HINTS— AND WHAT TO SERVE WITH DIFFERENT JOINTS

The person who prefers to select their own meat should always study the butcher's window, for here the butcher displays his best cuts, also several bargain specials for the keen housewife. A guide for buying meat can be taken from the following points.

### CHOOSING MEAT

The texture of all meat should be firm, and when pressed should not leave the mark of the finger, neither should it be flabby or moist. The lean part should be finely grained, and the fat should be free from streaks of blood. Good meat does not lose much in the cooking.

The following hints will help with your meat selection:—

**BEEF:** The flesh is a deep, red colour, the fat slightly yellow and firm, and the suet hard and dry. Meat has much more flavour when well hung.

**MUTTON:** The best mutton is plump, the flesh is not as red as beef and the fat is hard and white.

**LAMB:** Paler than mutton, the bones are small, and the fat pearly white.

**VEAL:** This is the flesh of a calf. It is very pale in colour and the fat is white. Veal must be well cooked, for it is not so easily digested as beef.

**PORK:** Should always be pale and firmly grained, the fat white and the rind thin.

### TIMES FOR COOKING

**BEEF:** 15 minutes to the lb. and 15 minutes over.

**MUTTON:** 20 minutes to the lb. and 20 minutes over.

**LAMB:** Same as mutton.

**VEAL:** 20 minutes to the lb. and 20 minutes over.

**PORK:** 25 minutes to the lb. and 25 minutes over.

### WHAT TO SERVE WITH DIFFERENT JOINTS

**ROAST BEEF:** Yorkshire pudding, horseradish sauce, brown gravy, baked vegetables and a green vegetable.

**ROAST LAMB:** Baked vegetables, green peas, mint sauce, brown gravy.

**ROAST VEAL:** Bacon or pickled pork, forcemeat, thick brown gravy, baked vegetables, and one green vegetable.

**ROAST PORK:** Sage and onion seasonings, vegetables, apple sauce, thick brown gravy.

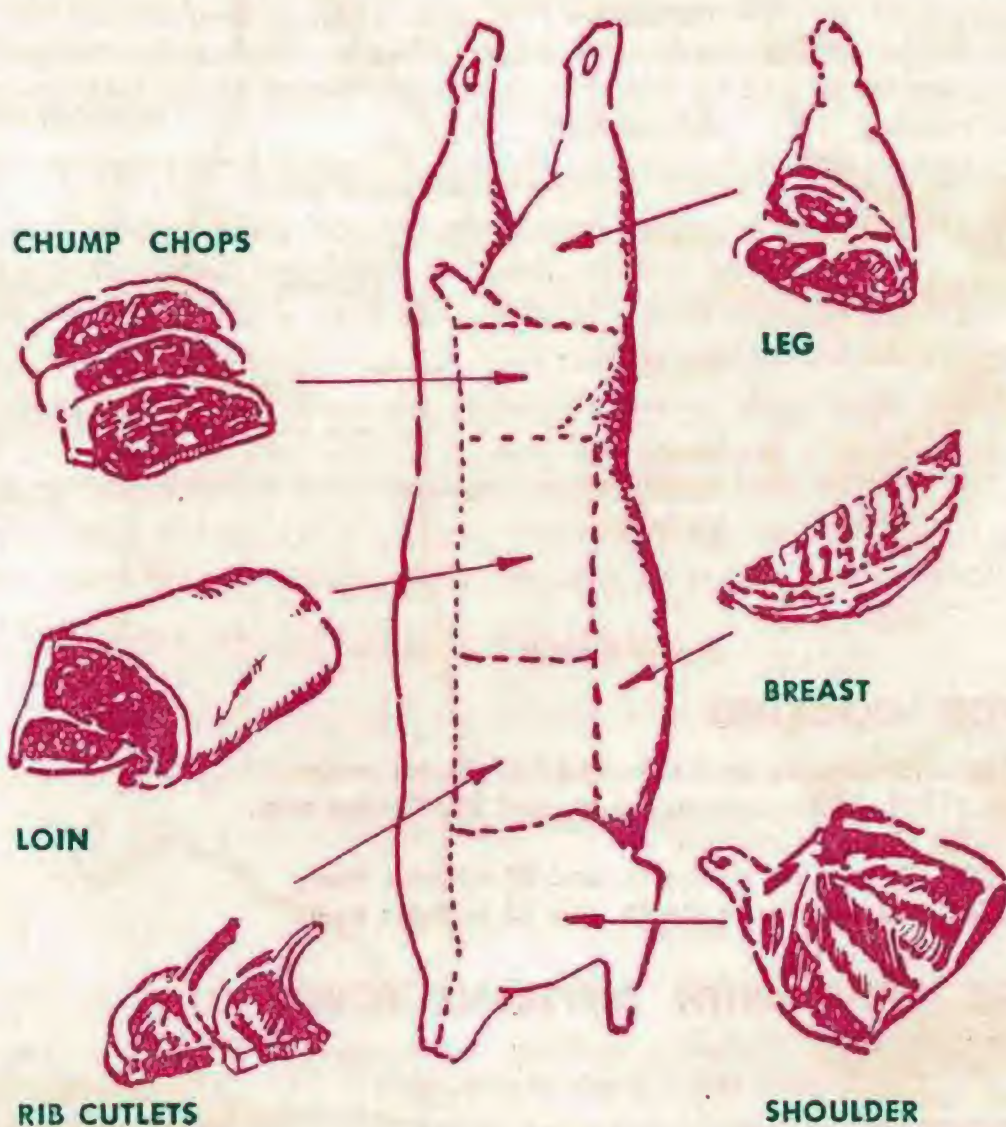
**CORNEB BEEF:** Carrots, turnips, dumplings and cabbage.

Always try to serve one green vegetable each day. It is essential to good health



# Meat Cuts

## LAMB and MUTTON





# Meat Cuts

## BEEF



TOPSIDE



SILVERSIDE



RUMP STEAK



RIBS



BLADE BONE

SILVERSIDE  
TOPSIDE

AITCHBONE

RUMP

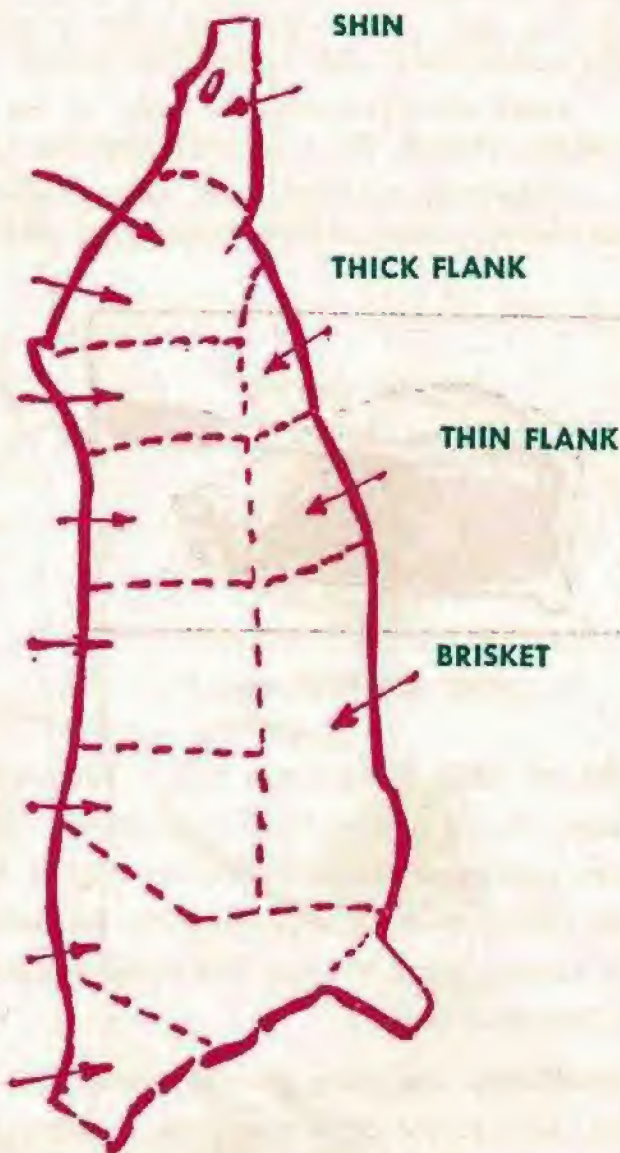
SIRLOIN

WING RIB  
PRIME RIB  
BACK RIB

BLADE STEAK

CHUCK STEAK

NECK



BRISKET



# HOW TO CARVE

Practice alone enables you to carve easily, successfully and economically; but with a thorough knowledge of the position of the bones and joints the difficulties should soon be overcome.

It is necessary to have a good, sharp long knife and a two pronged fork with a guard. In carving hot meat it is wise to have two knives if possible so that they can be used alternately. The blades lose their sharpness owing to the expansion caused by the hot flesh.

Sharpen, or 'set', the knives carefully with a downward circular movement, the blades flat against the steel.

The dish upon which the joint is served should be large enough to hold the joint comfortably; and it should be placed in a position to give the carver full control.

Avoid cutting against the grain of the meat with the exception of fillet, undercut or sirloin of beef. This is to avoid chewing against the grain.

In general, cut beef, veal, ham, tongue and breast of poultry in very thin slices; and mutton, lamb and Pork rather more thickly.



**RIBS OF BEEF No. 1**



**ALTERNATIVE No. 2**

**RIBS OF BEEF.** Illustrations No. 1. Alternative No. 2. This dish resembles the Sirloin, except that it has no fillet or undercut. The method of carving is to cut slices off the sides starting at thickest flesh. Move knife evenly towards bone. The success to carving this joint is to run the point of the knife along the rib bones, so freeing the meat for the carving slices towards the bone. Alternatively it can be carved like a rolled joint as illustrated in fig. 2.

**AITCHBONE.** The slices are cut evenly and moderately thick. When the meat is boiled it is usual to cut off a thick slice to allow the juicy meat to be served immediately.



**ROUND OF BEEF No. 3**

**ROUND OF BEEF.** Illustration No. 3. A round of beef, or ribs rolled, are not so easily carved as some joints, and to manage properly, a thin bladed and very sharp knife, are the secret of success. Start by cutting a fairly thick slice off the top so as to leave a good flat smooth surface; then thin and even slices should be carved.





**SIRLOIN OF BEEF No. 4**

**SIRLOIN OF BEEF.** Illustration No. 4. This joint is similar to the Ribs of Beef but also having the fillet, or as usually called the undercut. The undercut is one of the prime parts of beef, and is best eaten when hot; consequently, the carver may cut some fairly

thick slices out of the underside across the bone in wedge-like fashion. The upper part similar to the ribs should be cut in the same manner as carving ribs of beef.



**LEG OF MUTTON OR LAMB.** Illustration No. 5. The thickest part of the leg should be placed upwards and carved in moderately thin slices towards the bone starting at just below the middle and working toward the knuckle. After carving knuckle meat the thickest portion of joint is easily sliced in even thickness.



**LEG MUTTON OR LAMB No. 5**



**ALTERNATIVE No. 6**

Alternative is illustration No. 6, starting from knuckle.



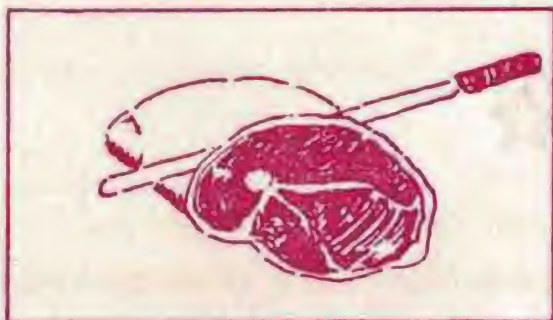
**SHOULDER OF MUTTON OR LAMB.** Illustration No. 7. This joint should be carved with



as many slices as can be taken whilst carving flat with bone taking out moderately thin wedge-shaped slices. Serve with them slices from the back of the blade bone. Cut these from both sides of the bone and serve at the same time a little fat.

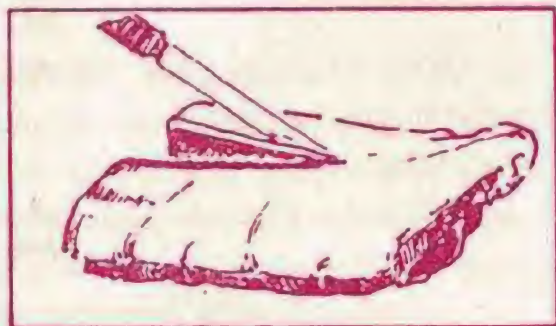
**SHOULDER MUTTON No. 7**

**FILLET OF MUTTON.** Illustration No. 8, is often referred as a thick end of leg. This joint is very popular. Before carving, cut out the bone at the point where the meat is thinnest, with the bone removed it will be simple to cut across the joint as shown in illustration.



**FILLET OF MUTTON No. 8**

**SADDLE OF MUTTON.** Illustration No. 9. In order of excellence the saddle of mutton may be said to rank first. It consists of two loins connected by the spinal bone. The method adopted in carving this joint, is contrary to the general rule of cutting meat. across the grain, in this case the meat is carved across the ribs, in slices running parallel with the backbone and the fibres or grain of the meat. Each long slice should be cut across into two or three pieces, according to its length.



**SADDLE OF MUTTON No. 9**

**LOIN OF MUTTON.** As with a loin of veal, the well jointing of this joint makes for very easy carving. The knife should be inserted in the thick side of the joint, and after feeling a way between the bones, it should be carried sharply through, separating each chop.

**NECK OF MUTTON:** The scrag and chine bones are both removed. Carve in direction of the bones.





**LEG OF PORK No. 10**

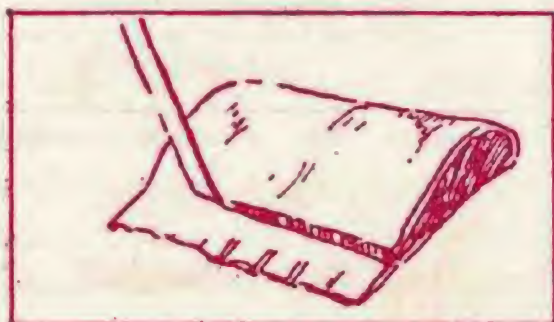
**LEG OF PORK.** Illustration No. 10. This joint, which is such a favourite with so many people, is easy to carve. The knife should be carried sharply down to the bone, clean through the crackling.



**LOIN OF PORK.** Illustration No. 11. As with a loin of mutton, it is essential a loin of pork should be properly jointed before cooking, and the crackling must be scored. These points being attended to, there is no difficulty in carving the joint which is divided into neat and even chops.



**LOIN OF PORK No. 11**



**BREAST OF VEAL No. 12**

**BREAST OF VEAL.** Illustration No. 12. The breast of veal consists of two parts—the rib-bones and the brisket. These two parts should first be separated by sharply passing the knife through the centre of the joint; when they are entirely divided the rib bones should each be detached separately and served.

**FILLET OF VEAL.** The carving of this joint is similar to that of round beef. Slices not too thick, and to be evenly carved.



**LOIN OF VEAL.** As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it—when jointing is properly performed, there is little difficulty in carrying the knife across and separating each chop.



# COOKING

	<i>Roasting</i>	<i>Stewing</i>
<b>BEEF</b>	Prime Rib Wing Rib Sirloin Topside Bolar Rolled Joint	Blade Steak Skirt Steak Topside Chuck Steak
<b>MUTTON OR LAMB</b>	Leg Shoulder Loin Saddle Forequarter Fillet	Neck Chops Mutton Flap Forequarter Chops Flap Chops
<b>PORK</b>	Leg Shoulder Loin Rolled Joint	Not Recommended
<b>VEAL</b>	Leg Shoulder Loin Fillet Rolled Joint	Not Recommended



# INDEX

## *Boiling*

**Silverside**

**Topside**

**Bolar**

**Top Rib**

**Brisket**

**Corned Roll**

**Corned Leg**

**Fresh Leg**

**Shoulder**

**Forequarter**

**Corned Belly**

**Corned Hand**

**Corned Leg**

**Cheeks**

**Neck**

**Flank**

**Knuckle**

## *Frying and Grilling*

**Fillet Setak**

**Rump**

**Porterhouse**

**Blade**

**Leg Chops**

**Loin Chops**

**Cutlets**

**Kidneys**

**Pork Chops**

**Fillets**

**Veal Chops**

**Steak**

**Cutlets**

## **SOUPS**

★  
Ox Tail

★  
Sheep's Head

★  
Gravy Beef

★  
Mutton Shanks

★  
Ox Cheeks

★  
Beef Bonet

★  
Bacon Knuckle

## **TASTY VARIETIES**

★  
Brains

★  
Tongue

★  
Sweetbreads

★  
Tripe

★  
Kidney

★  
Lambs' Fry

★  
Ox Liver

★  
Mincemeat

★



# Cooking By Electricity

## The Electric Range

### THE OVEN.

Arrange the shelves in position before heating the oven. Shelves are counted from the bottom of the oven upwards in all top and bottom element ranges, and from the top of the oven downwards in side or side and bottom element ranges.

Measure dishes or tins to be used for cooking in the oven before heating.

Preheat the oven to the required temperature by:—(1) Turn wall switches "on" (if installed). (2) Turn oven switch or switches on to "high" and heat until the indicator is the correct temperature. If you are not ready to use the oven turn both elements off until a few minutes before use, then if the temperature has dropped, reheat the oven to the required temperature. Do not put food in the oven unless the temperature is correct. Once the food goes into the oven, the top element is turned "off" and the bottom element is turned to "medium" or "low" as required. If the oven is controlled by only one switch, follow the instructions as given for the bottom element in the recipe.

If using a range with an automatic control, set control to temperature stated in the recipe and wait for the light to go out. After the light goes out, place food in the oven, then reduce thermostat 50 degrees. If a "preheat" switch is installed too, switch to "preheat" until the food goes into the oven, then turn to "bake".

Avoid moisture in the oven whenever possible by cooking foods such as vegetables and fruits in covered dishes. Do not stand baked custards in water as the excess moisture will cause the elements to rust and the packing in the oven will become soaked with the moisture.

For the sake of economy, it is wise to use the stored heat by placing some dish such as custard or stewed fruit in the oven after baking.

When possible, leave the oven door open to cool after use.

### CLEANING THE RANGE.

**OVEN:** Turn off all range switches and the wall switches (if fitted). When cool, not cold, wipe inside and out with a cloth wrung out in hot soapy water. If this does not remove all food stains, rub with a cloth dipped in cleaner and then wipe over and dry. Clean wire shelves with steel wool and soap to remove all stains. Do not wet elements as this will rust and fuse them.

**HOTPLATES:** Remove drip tray and wash and dry it. If possible, lift hob and remove hotplates and clean with steel wool and soap and then wipe with a dry cloth. Do not immerse in water. About every fortnight wipe hotplates over with a cloth moistened with machine or olive oil. This will prevent corrosion.



# Roasting



There are two methods for roasting:—(1) To preheat to a temperature of 500 degrees so quickly sealing joint when placed into oven, or (2) Place joint in cold oven, heating slowly until temperature is 400 degrees.

If the meat should be lean, place approximately three dessert spoonfuls of fat on top of the joint.

Prepared root vegetable can be placed around the roast about one hour before completion of cooking the joint.

## ROASTING POULTRY.

When the bird is stuffed and sewn up or skewered into shape, put into roasting pan, preferably on a low rack. If possible cover the breast of a chicken or turkey with rashers of fat bacon to protect the breast and prevent the flesh drying out before the rest of the bird is cooked. Baste chicken or turkey with a few tablespoons of hot fat. If bacon is not used, cover bird with a double thickness of greaseproof paper.

A LARGE TURKEY—say, over 16 lbs, when stuffed—may have to be hung up in the oven. If not, is best cooked on its side in the roasting tin so that the breast is not exposed to the greater heat of its higher position in the oven. Turn on the other side halfway through the cooking time. To be sure of a juicy, succulent breast, always cook turkeys, no matter the size, on their side.

Put a turkey or chicken into a very hot oven (450 deg. F.), then reduce heat after ten minutes to slow (300 deg. F.). Continue to cook till ready, basting frequently with hot fat. Cooking at these temperatures, allow 23 minutes per lb. for turkeys weighing 10 lbs. or less, 20 minutes per pound for birds up to 15 lbs., and 15-18 minutes per lb. for larger birds, PLUS half hour extra in each case. The weight to be considered is that of the bird after stuffing.

About 20 minutes before end of cooking time, remove bacon, baste with fat and leave breast to brown. Allow about 25 minutes per lb. for chickens, in a slow oven. Times mentioned refer only to birds cooked at the temperatures suggested here. A duck will need about 2 hours' cooking in a fairly slow oven (325 deg. F.) throughout.

A FOWL can be par-boiled or steamed, then finished off in a moderate oven (350 deg. F.), allowing about 12 minutes per lb., or up to 1 hour. Baste frequently during roasting.



# Boiling



When boiling meat make sure that you have a saucepan or pressure cooker large enough to hold the meat without it being tight, PLUS having sufficient water to cover the meat. Allow 20 minutes to the pound for small joints PLUS 20 minutes over. Large joints need 25-30 minutes per pound.

Whole vegetables can be added whilst cooking boiled meats if so desired. Allow 45 minutes simmering to cook vegetables before the meat is cooked.

## MEATS SUITABLE FOR BOILING ARE:

SHOULDER OF MUTTON  
OX TONGUE  
NECK CHOPS  
SHOULDER OF BACON  
TOP SIDE  
CORNED BELLY PORK  
CORNED HAND PORK  
CORNED SILVERSIDE  
SHEEPS TONGUE  
BREAST  
CORNED BRISKET  
CORNED LEG MUTTON  
FRESH LEG MUTTON  
PORK KNUCKLE

## CORNED BEEF

3 lbs. Rolled Corned Beef  
4 Cloves  
8 Peppercorns  
1 Teaspoon Vinegar  
1 Teaspoon Sugar.

**METHOD**—Wash joint, bring to boil in warm water, drain. Return joint to boiler, cover with warm water, add vinegar, sugar, cloves, peppercorns and simmer slowly for 1 hour 50 minutes.



# Frying & Grilling



## FRYING.

Use medium weight utensils with bottoms which are not grooved or uneven in any way so as to allow direct contact of heat from the hotplate to the cooking utensil. Light saucepans will quickly buckle and a great amount of heat will be lost from the hotplates.

Use "high" heat for preheating or bringing food to the boil. Use medium heat for quick boiling or frying. Use low heat to complete the cooking of fruit, vegetables, eggs, sauces, soups, etc.

If the range is fitted with a solid type hotplate, the element may be turned off about 10 minutes before cooking is completed.

WHEN FRYING—heat pan on very hot element. Sear the meat on both sides quickly—this retains the juices and prevents that dried out hard meat.

## GRILLING.

**IN OVEN:** Switch the top element to "high" and heat for seven to 10 minutes with the door closed. If an automatic control is fitted, set thermostat to "grill" also. Place the prepared food on the grilling pan and grill with the element on "high" and the oven door open, so that the steam will escape.

**ON GRILLER HOTPLATE:** Turn the hotplate on to high and place the saucepans on the top immediately. The griller pan can be placed in position and after five minutes the food placed on the griller pan to cook. In this method the meat and vegetables can all be cooked with the use of one element only.

The best cuts of meat are selected for grilling, always pre-heat grill until red hot, this ensures the quick searing, thereby retaining the vitamins in the juice and meat.



# Braising



Braising meat has become very popular during the past few years especially with cooks who have pressure cookers. Braizing being a combination of three methods of cooking, frying, stewing and roasting.

It is most suitable for cuts as following:—

**STEWING CHOPS**

**BLADE STEAK**

**SHIN BEEF**

**TRIPE**

**STEWING VEAL**

**OX TAIL**

**TOP-SIDE STEAK**

**METHOD FOR STEAK CUTS.** Cut steak meat into finger strips, coat with flour, fry in a little dripping until brown. Remove meat, then fry suitable vegetables adding additional fat if required. Place vegetables in casserole or pressure cooker, cover with stock, replace meat, cover with lid, place in oven at 350-400 deg., cook until meat is well done.

Serve with two boiled vegetables, potatoes, smoothly whipped, carrots, peas, etc.

## **BRAISED STEAK WITH CARROT AND PINEAPPLE STUFFING**

**2 lbs. thick topside steak**  
 **$\frac{1}{2}$  finely-chopped onion**  
**1 carrot cut into small dice**  
**1 egg**

**1 dessertspoon brown sugar**  
 **$\frac{1}{2}$  cup chopped pineapple**  
**Salt and pepper**  
**1 cup breadcrumbs**

Cut a good deep pocket in the steak. Mix the other ingredients together, and bind with beaten egg and a little milk. Stuff the steak and fasten up well with skewers. Prepare 1 lb. pumpkin and place in a dish, cover with a layer of grated carrot, then a thin layer of peas, and place steak on top. Braise for 1½ hours.



# Stewing



Stewing is the most economical method of cooking meat, because no juices are lost; any juices which are drawn out of the meat are kept in the gravy, and are therefore served with the finished dish.

Cheaper cuts of meat may be used for stews, as the long cooking softens the tougher fibres, and thus renders it tender and more easily digested.

Brown stews are so called because of the rich brown colour which is obtained by the careful preliminary frying of the meat and vegetables, and the browning of the flour during the making of the sauce or gravy in which the meat is cooked. The colour should not be over-dark, and there should be no burnt flavour. Colour should be obtained without the aid of colouring matter.

Stews should be free from greasiness. This may be accomplished by removing the fat from the raw meat, and by skimming the globules from the top immediately the sauce has reached boiling point, and again before serving. A rich brown stew is often called a ragout or braise. If the stew is to be cooked in a casserole, make the gravy in a frying pan or saucepan, and then add it to the casserole.

Stews may be varied in several ways. The accompaniments make a vast difference to an ordinary foundation recipe; then again, extra vegetables may be added to the stew for a change. Worcestershire sauce or tomato sauce added to the gravy gives an often desired piquance.

Suet crust made into balls and dropped into boiling stew and boiled for half an hour is an economical touch which makes the dish go further, as well as lending interest to the appearance and flavour. Or the suet crust may be placed on top half an hour before serving. This is another way of varying the foundation recipe.

There are different cuts of meat which can be used for the same recipe; some of course are more economical than others.



# Mutton & Lamb Recipes

## STUFFED BREAST OF LAMB

2½-3 lb. breast of lamb or mutton

4 oz. breadcrumbs

1½ oz. shredded suet

1 teaspoon chopped green parsley

1 teaspoon chopped mixed herbs

(include 2 shredded leaves of  
rosemary, if possible)

¼ teaspoon grated lemon rind

Salt and pepper to taste

1 egg

Dripping for basting meat

**METHOD:** Bone the meat. Make a gravy with the bones by stewing them for 2-3 hours with 1 onion, a sliced carrot, a bouquet of herbs, salt and pepper to taste.

Make forcemeat by mixing all the ingredients together, bind with beaten egg. Lay the boned meat on a pastry board, spread the forcemeat over it and then roll it up tightly and tie round in two or three places with twine.

Melt the dripping in a roasting tin and place the joint in this when it is sizzling hot. Bake for 1½ hours, turning it once and basting occasionally with dripping—place the sprig of rosemary in the pan with the dripping and it will give a delicious flavour to the joint. Regulo Mark 6, Electricity 400 deg. F.

For a larger joint allow 25 minutes cooking time for each lb. of meat.

Serve on a hot dish with cooked prunes, stoned, and stuffed with chutney, creamed potatoes and peas. Serve the gravy in a small tureen. This should be thickened with cornflour, browned with a little gravy browning and flavoured with ½ teaspoon vegetable or meat extract.

## IRISH STEW

1½ lbs. neck or leg chops

1 large onion

2 lbs. potatoes

½ pt. water or stock

1 turnip

Pepper, salt, parsley

**METHOD:** Trim the chops; put into saucepan with water, salt and pepper, and bring slowly to the boil. Remove the scum and add the turnip cut into dice, and the potatoes in ½-inch slices. Simmer gently 1½-2 hours. Serve on a hot dish, the meat in the centre, and the potatoes around it. Sprinkle with parsley.



## HARICOT OF MUTTON

1½-2lb mutton (shoulder or breast)

Salt, Pepper

¾ oz. lard or dripping

2-3oz. streaky bacon

3 medium-sized onions

½ oz. Flour

1½ pints water

1 clove garlic crushed with ¼ tspn. salt

Bouquet Garri

½ lb. haricot beans (soaked overnight)

Pinch of bicarbonate of soda

½ lb. tomatoes (peeled and coarsely chopped)

Chopped parsley

Cut mutton into pieces, season lightly. Heat fat in saucepan until lightly smoking. Add the bacon, cut into small squares, the quartered onions, shake and stir until coloured. Remove from pan. Fry the mutton until browned, pour off about half the fat and sprinkle in the flour.

Cook gently to colour, add water, garlic, bouquet garni and seasoning. Bring to boil, cover and simmer gently for about 1½ hours. Cook haricot beans in lightly salted water with a pinch of bicarbonate of soda until three parts done. Remove the meat from the pan, strain the gravy.

Rinse out pan, put back meat, onions, bacon and add the tomatoes and strained haricot beans. Put lid on and simmer another hour. Serve sprinkled with parsley.

## CURRIED CHOPS

6 best end of neck chops  
(about 1½ lbs.)

1 dessertspoon fat

1 dessertspoon flour

1 dessertspoon curry powder

1 teaspoon salt

½ teaspoon sugar

1 small onion

1 apple

Chopped parsley

1 dessertspoon lemon juice

1 tablespoon sultanas

2 cups water or stock

Wipe and trim chops, remove fat and gristle. Melt fat in pan, add chops, brown lightly on both sides. Remove from pan. Add diced onion, apple, flour, salt and pepper. Brown lightly. Stir in stock or water, sugar, sultanas and lemon juice. Continue stirring until boiling. Replace meat and cook slowly.

## CASSEROLE OF CHOPS

2 lbs. best stewing chops

½ teaspoon salt

½ cup Worcestershire sauce

2 dessertspoons flour

Blend flour and sauce together, add jam. Trim chops well, and place in casserole, and cover with above mixture, allowing it to be absorbed for about 2 hours. Before putting in oven, add finely grated onion, pinch of salt, and only small quantity of water or stock, to make sufficient gravy. Cook slowly 2-2½ hours.



# Beef Recipes

## STEAK SUPREME

**Topside steak**

**1 beaten egg and breadcrumbs**

**METHOD:** Cut steak into serving pieces and roll each first in beaten egg and then in breadcrumbs. Bake in good oven in hot fat until nicely browned on both sides (about  $\frac{3}{4}$  hour).

By adding pieces of pumpkin and potatoes, a complete roast meal is ready to serve with any green vegetables. Rich gravy can be made from stock in the baking dish.

## BEEF A LA MODE

<b>2 lb. lean beef (in 1 piece)</b>	<b><math>\frac{1}{8}</math> teaspoon celery seed</b>
<b><math>\frac{1}{2}</math> cup stock (made with <math>\frac{1}{2}</math> bouillon cube)</b>	<b><math>\frac{1}{8}</math> teaspoon oregano</b>
<b>1 tablespoon wine or cider vinegar</b>	<b><math>\frac{1}{2}</math> teaspoon salt</b>
<b>mixed in <math>\frac{1}{2}</math> cup water</b>	<b>5 peppercorns (cracked)</b>
<b>1 large onion (sliced)</b>	<b>1 clove</b>
<b><math>\frac{1}{2}</math> clove garlic (chopped)</b>	<b>1 bay leaf</b>

**METHOD:** Mix all ingredients except meat, and put the meat in it to marinate overnight. Turn several times during evening. When wanted, have oven heating, remove meat from marinade, dry with a paper towel, and brown quickly on all sides in a heavy dry pan or pot. Add the marinade and bring to boil. Put lid on pan, and put into a good oven—400 deg. F., electric. Turn all heat off until temperature drops to 300 deg. F. or a little less, then turn bottom to low. Cook gently for 2 to 2½ hours, depending on tenderness of meat. When cooked, slice meat on to warm plate, strain gravy and pour over meat.

## MINIATURE STEAK AND KIDNEY PIES

<b>12 oz short pastry</b>	<b>1 dessertspoon Worcester sauce</b>
<b>1 lb. to 1½ lb. minced topside steak</b>	<b>1 tablespoon fat</b>
<b>2 or 3 sheeps' kidneys</b>	<b>1 cup water</b>
<b>1 small onion</b>	<b>Flour for thickening</b>
<b>Salt and pepper</b>	<b>1 tablespoon chopped parsley</b>
<b>Parisian essence</b>	

**METHOD:** Soak kidneys, remove cores and skin, chop finely. Melt fat, add onion, steak and kidney, brown lightly. Add water, salt and pepper, and sauce. Bring to boil, cover, simmer 1 to 1½ hours or pressure cook 20 minutes. Thicken with flour, blended with water, colour with parisian essence. Simmer 5 minutes, add parsley, cool. Roll pastry thinly on floured board and line patty tins. Fill cases with meat mixture, glaze edges of pastry and cover meat with pastry. Cut a slit in top of each, bake in hot oven 15 minutes. Makes approximately 2½ dozen.



## ROAST BEEF

Sirloin, rolled rib or topside. Wipe the meat with a cloth wrung out in very hot water. Allow 15 minutes to each pound and 15 minutes over. Bake in a hot oven for 10 minutes to seal the outside and retain all the juices. Cook slowly for the remaining time. Baste frequently with hot dripping.

Season with salt and pepper and sprinkle lightly with flour. If desired, root vegetables can be placed around the joint, allow about 1 hour for cooking vegetables.

## BEEF ROLL

1½ lbs. steak

1 gill stock

¼ lb. raw ham

1 teaspoon chopped parsley

¼ lb. breadcrumbs

Salt and pepper

1 egg

¼ lb. sausage meat

2 large mushrooms (when available)

**METHOD:** Mince the steak and ham, chop the mushrooms, add the breadcrumbs, parsley, seasoning, well beaten egg and stock. Form into a roll and tie in a cloth. Simmer gently for 1½ hours; untie, re-roll tightly in a clean cloth and press till cold. When cold glaze and decorate.

## BOILED BEEF

**CORNER SILVERSIDE — 4 lbs. - 7 lbs.**

**Carrots, turnips, onions, or other vegetables**

**METHOD:** Wash well and place in tepid water to cover. Bring to boil, remove scum and boil for 5 minutes to seal outside and retain juices. Add little cold water to reduce temperature after sealing, this will prevent the meat becoming tough. Simmer very gently till tender, about 2-3½ hours according to weight.

If the water is needed for stock, it should be changed when meat has cooked one hour; the fresh boiling water then added will not be too salt for vegetables. The vegetables should be added an hour before the meat is to be served.

## GRILLED STEAK

Rump steak (as required)

1 oz. butter

Worcester sauce

Seasoning

Tomato sauce

**METHOD:** Grill under red hot griller—pre-heat to sear and seal juices—turn frequently for about 10 to 15 minutes. When cooked, mix butter, sauces and seasoning and spread over the steak. Replace under grill for few minutes and serve on hot dish.



# Pork Recipes

## PORK CHOPS AND APPLE RINGS

3 pork chops

2 red-skinned apples

**METHOD:** Cover chops with flour, egg and breadcrumbs. Remove cores from apples and cut rings. Fry in hot fat.

## LOIN OF PORK WITH PRUNES

Small loin of pork

1 oz. butter

$\frac{1}{2}$  lb. prunes (soaked overnight in  $\frac{1}{2}$  pint white or red wine)

1 teaspoon red currant jelly

Seasoned flour

1 gill cream

Salt and Pepper

**METHOD:** Simmer prunes in wine for about  $\frac{1}{2}$  hour, or until quite tender. Bone and trim pork, cut into slices between  $\frac{1}{4}$  in. and  $\frac{1}{2}$  in. thick

Dust with seasoned flour and fry on both sides in the hot butter until tender. Remove from pan and keep hot. Drain juice from prunes into pan (first draining off some of the fat). Reduce a little, add the red currant jelly, cream, salt and pepper to taste. Boil quickly until thick, arrange the slices of pork on a bed of mashed potatoes, surround with prunes and strain over the sauce.

## ROAST PORK

1 leg pork, approx. 6 lbs.

2 tablespoons fat

Sage and onion seasoning

**METHOD:** Place seasoned leg in baking dish with fat. Oven 500 dg., top off, bottom medium,  $\frac{1}{2}$  hour, then low  $1\frac{1}{2}$  hours. Place prepared root vegetables around pork, return to oven, top and bottom element on high for 10 minutes, then top off. Bottom on medium for 45 minutes. Serve with thick brown gravy and apple sauce.

## PORK CHOPS AND CABBAGE

6 pork chops

1 cup tomato juice

$\frac{1}{2}$  teaspoon salt

4 cups chopped cabbage

$\frac{1}{2}$  teaspoon pepper

1 tablespoon sugar

1 chopped onion

1 teaspoon salt

$\frac{1}{2}$  cup vinegar

Little pepper

**METHOD:** Trim excess fat from chops. Brown slowly in hot fat, season with salt and pepper, add onion, vinegar and tomato juice, cover, cook over low heat until chops are tender, about 40 minutes. Add cabbage, sprinkle with sugar, salt and pepper, cover, cook for 15 minutes. Remove chops, toss cabbage in sauce and serve with chops.



# Veal Recipes

## ROAST VEAL FILLET STUFFED

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 4 lb. fillet of veal                  | 1 dessertspoon chopped parsley |
| 4 oz. white breadcrumbs               | 1 teaspoon dried herbs         |
| 2 oz. finely-chopped suet             | A little grated lemon rind     |
| Little beaten egg and milk for mixing |                                |

Bone the meat and wipe with a damp cloth. Mix the breadcrumbs, suet, parsley and herbs, and lemon rind with the beaten egg—but be sure not to make the seasoning too wet—then stuff the meat. Tie securely to prevent the stuffing coming out, place in a baking dish, and add a little dripping. Cover with greased paper and bake in a moderate oven from  $1\frac{1}{2}$ – $1\frac{3}{4}$  hours. Serve with brown gravy.

## VEAL STEWED IN MILK

- |                                 |                         |
|---------------------------------|-------------------------|
| 1 lb. fillet of veal            | $\frac{1}{2}$ pint milk |
| $\frac{1}{2}$ lemon             | 1 dessertspoon flour    |
| 1 egg yolk                      | Chopped parsley         |
| $\frac{1}{2}$ lb. streaky bacon |                         |

Cut the veal into small pieces. Remove the rind from the bacon, and cut up small. Put the meat into a saucepan with a little pepper, salt and a sprig of parsley. If desired, add a little grated lemon rind. Then add the milk, and simmer until the veal is tender (about 1 hour). When cooked, lift the meat onto a hot dish, strain the liquid, and thicken with flour mixed with a little cold milk. Boil 3 minutes, remove liquid from the heat, add the lemon juice and egg yolk. Beat well, then make it hot, taking care not to boil it. Pour over veal. Sprinkle with chopped parsley.

## GRILLED CHOPS

- |                     |                       |
|---------------------|-----------------------|
| 4 middle veal chops | Small piece of butter |
| Salt and pepper     |                       |

Wipe the chops, remove outside skin, and fasten into a neat shape. Light the griller, and when red hot place the chops underneath. Cook for 2 minutes on the first side, turn, and cook for 4 minutes on the other side, then back to the first side for another 2 minutes. Sprinkle with salt and pepper, and dot with a piece of butter.



# CURRY

## CURRY

3 lb. round or chuck steak  
3 small onions  
1 clove garlic  
1½ level tablespoons curry powder  
Juice of ½ lemon  
1 tablespoon margarine

1 teaspoon salt  
½ cup salad oil or melted butter  
1 cooking apple  
½ cup sultanas  
2 bananas  
2 cups stock or water and a soup cube

Remove the fat from the meat and cut it into small cubes. Place in a basin with the salt and curry powder and rub the seasonings well into the meat. Melt the margarine in a large pan and fry the onion and the garlic which have been finely chopped. Saute for 10 minutes, but do not allow to brown.

In another saucepan heat the oil or butter and fry the meat. Stir frequently.

The meat must be browned but not burned. Now combine the meat, garlic and onion in a large saucepan. Add the stock or water and a soup cube and stir until the mixture boils. Simmer gently for ½ hour and then add the cooking apples which have been peeled and finely diced, the sliced bananas, the washed sultanas and the lemon juice.

Cover and simmer for 2 hours or until the meat is tender but not "ragged." Taste: If you like a hot curry add more curry powder.

Make the curry well ahead of time . . . in the morning of the day it is to be served or even the day before. It will improve in flavour by standing. Reheat the curry over boiling water and avoid too much stirring. The meat being very tender will tend to shred if stirred too much.

Coconut milk or cream and shredded coconut are a welcome addition to curry. Add the coconut to the curry when the stock is added. If using coconut milk use it in place of some of the stock or water.

## CURRY CONDIMENTS

These are served separately in small bowls. Choose about five or six from the following:—

1. Chopped peanuts or peanut halves tossed in butter and liberally sprinkled with salt
2. Green or red pepper cut into small even-sized pieces.
3. Sliced mushrooms tossed in butter and flavoured with a little minced garlic.
4. Sliced cucumber.
5. Mango chutney.
6. Shredded coconut.
7. Cubes of pineapple.
8. Tomato paste or tomato slices.
9. Finely chopped hard boiled eggs.
10. Avocado pears cut into slices and tossed in crumbled fried bacon.



# CHUTNEY

## PINEAPPLE, PEAR AND APPLE CHUTNEY

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1 small pineapple, just barely ripe | 1 onion                              |
| 4 pears                             | 3½ cups sugar                        |
| 4 cooking apples                    | ½ teaspoon cayenne pepper            |
| 1 tomato                            | ½ teaspoon each cloves, peppercorns, |
| ½ cup seeded raisins or sultanas    | mace and spice                       |
|                                     | 6 cups vinegar                       |

Peel pineapple and cut into dice, peel, core and slice apples and pears. Peel and slice onion. Slice tomato. Place all ingredients in preserving pan and bring slowly to the boil, stirring frequently to prevent burning. Cook for 2 hours longer, stirring occasionally. Bottle while hot, seal well when cold. Store in a cool place.

## TROPICAL CHUTNEY

- |   |                            |
|---|----------------------------|
| 1½ lb. approx. bananas, enough to<br>give 12-14 oz. when peeled | ½ small lemon              |
| ½ lb onions   | ¾ malt vinegar             |
| 5 ozs. stoned dates, and  | 4-5 teaspoons curry powder |
| 3 ozs. preserved figs, or                                       | 2 teaspoons salt           |
| 8 ozs. dates  | 4 ozs. sugar               |

Peel and slice bananas. Peel and slice onions thinly. Chop dates and figs roughly. Put fruit in saucepan, then add lemon juice, thinly-sliced rind, pith and flesh, and vinegar. Cover pan and simmer very gently for 1½-2 hours. Mash fruit well. Return puree to pan and stir in all other ingredients, including, in addition, if liked, 1 oz. finely-chopped preserved or crystallized ginger. Cook gently, uncovered, stirring frequently for 15-20 minutes or till thick enough for your taste. Put in clean hot jars and seal at once with a vinegar-proof cover. Best kept for a month or longer before using.

## BANANA CHUTNEY

- |                                  |                       |
|----------------------------------|-----------------------|
| 1 lb. brown onions               | 6 bananas             |
| ½ lb. chopped dates              | 1½ cups mild vinegar  |
| ¼ lb. chopped ginger             | ½ lb. chopped raisins |
| 1 teaspoon curry powder          | 1 teaspoon salt       |
| 2 cups preserved tinned apricots |                       |

Chop onions finely. Place in a saucepan with dates, sieved bananas and vinegar. Simmer for 20 minutes, stirring constantly with a wooden spoon. Add ginger, raisins, curry powder, salt and apricots. Cook until thick, keeping well stirred. Store in hot jars. Seal at once.



# Sauce Accompaniment

There is not a housewife who does not realise the importance of choosing the right sauce to bring out the flavour of the dish she has selected as the main event at mealtime, but successful and imaginative sauce-making has long been regarded no less a task than demands the efforts of a French Chef. Here are a few simple sauces to add smoothness to meat and fish dishes.

Yet sauces are no more difficult to prepare than any other item on the menu—mostly they are much easier.

Success with flour-thickened sauces means, chiefly, to avoid lumpiness. This is more easily achieved if at first the flour and fat are well blended over heat, and then the saucepan set aside to cool a little, ready to add the cold liquid ingredients.

Be sure to serve all your egg-thickened sauces immediately they are made, and if wine is suggested in the recipe, let it be the last ingredient to be added just before serving.

## APPLE SAUCE

1½ lb. sour cooking apples

2 cloves

¾ oz. butter or margarine

2 tablespoons water

1-2 tablespoons sugar

2 teaspoons lemon juice or dry sherry

Peel, core and chop apples into fairly small pieces. Put into saucepan with cloves, fat and water. Cover pan and cook gently till apples are soft. Remove and discard cloves, then beat apples with a fork or wooden spoon till the mixture is smooth.

If the puree is overmoist, cook for a moment or two uncovered to allow excess moisture to evaporate. Stir in lemon juice and sugar (or sherry), then serve at once. Serve 8-10 persons.

## WHITE SAUCE

No. 1:

1 oz. butter

¾ oz. plain flour

1 dessertspoon sugar

½ pint milk

Nutmeg

Essence

Melt butter in a saucepan, stir in flour and cook for 1 minute. Add sugar and milk and stir until boiling. Boil for 3 minutes. Add essence.

No. 2:

1 oz. butter

¾ oz. plain flour

½ pint milk

Pepper and salt

## MINT SAUCE

2 tablespoons boiling water

1 tablespoon sugar

4 tablespoons vinegar

2 tablespoons finely-chopped mint

Pour the boiling water over the mint, add the sugar and when cold add the vinegar.



## BREAD SAUCE

3-4 oz. breadcrumbs

1 medium onion

3 or 4 cloves

$\frac{3}{4}$ -1oz. butter or margarine

1 pint milk

1 blade mace

3 peppercorns

Make crumbs from stale white loaf, using the crumb only. Peel onion and stick the cloves into it. Put milk into top of a double boiler and add onion, mace and peppercorns.

If blade mace and whole peppercorns are not available, use ground mace or a grating of nutmeg, and ground pepper. If ground spices are used the milk should be strained through a very fine sieve before crumbs are added. Bring to simmering point (do not boil) over direct heat, then put over hot water, cover and stand at the back of the stove or in a warm place for at least 30 minutes.

About 5 minutes before the sauce is wanted, strain milk into a clean pan, add  $\frac{1}{4}$  teaspoon salt and the fat. Bring to boiling point, then draw off heat and stir in crumbs, using sufficient to give a medium saucelike consistency. Return to heat and bring just to boiling point. Serve with roast fowl. 8-10 persons.

## ANCHOVY SAUCE

$\frac{1}{2}$  pint white sauce

1 dessertspoon anchovy essence

Pinch cayenne

Few drops lemon juice

Mix all ingredients together and serve hot.

## TARTARE SAUCE

1 tablespoon butter

Yolk 1 egg

1 tablespoon flour

1 tablespoon chopped parsley

Small piece butter

Juice  $\frac{1}{2}$  lemon

1 cup milk

Pepper and salt

1 teaspoon capers

1 bay leaf

Melt butter in saucepan, add flour and milk. Bring slowly to boil. Add egg yolk. On no account let boil after egg yolk has been added, or it will curdle. Add other ingredients. The small piece butter is added last; this gives a smooth and glazed appearance. Serve with fish.

## SIMPLE BROWN SAUCE

1 oz. dripping or margarine

$1\frac{1}{2}$  oz. flour

$\frac{3}{4}$  pint hot stock or water

Meat essence

Melt fat in pan and stir in flour. Cook, stirring frequently till flour and fat are a rich brown, but not burnt. If liked, a chopped onion can be fried in the fat before flour is added, but this should either be removed at this point or be strained out of the sauce before serving. When fat and flour are well browned, remove pan from heat and stir in hot liquid gradually. Return to heat when about two-thirds of the liquid has been added, stir till smooth and thickened, then gradually stir in remainder of liquid. Stir until sauce is smooth, then reduce heat and simmer gently for about 30 minutes, stirring occasionally till sauce is reduced in volume. A rich sauce can be made by browning any root vegetables in fat before stirring in flour if necessary, adding a little more fat to the pan. Strain out vegetables before serving.



# Cheaper Cuts

## CASSEROLE SPECIAL

- |                        |                        |
|------------------------|------------------------|
| 1½ lbs. topside steak  | 1 orange with skin on  |
| 1 medium sized onion   | 2 medium sized carrots |
| 1 peeled apple         | 2 cups cold water      |
| 1 small teaspoon herbs |                        |

Place sliced onion and carrots in bottom of casserole. Add meat, floured and cut in pieces suitable for serving, sprinkle with herbs, and season with salt and pepper. Slice peeled apple over meat, then thinly sliced orange. Add 2 cups water and bake 2½-3 hours in slow oven. Thicken a little before serving if desired.

## DEVONSHIRE STEAK

- |                        |                                |
|------------------------|--------------------------------|
| 2 lbs. beef steak      | 1 dessertspoon Worcester sauce |
| 2 large onions         | Pepper and salt                |
| 2 large cooking apples |                                |

Melt some dripping in a stew pan, when hot lay the steak in it and cover with sliced apples and onions, adding sauce and seasoning. Simmer gently for 2 hours, in its own liquid.

## MEXICANO RAMEKINS

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 1 lb. fine minced steak         | 1 rounded dessertspoon plain flour  |
| 1 clove garlic                  | 1 level teaspoon salt               |
| 1 small onion                   | 1 dessertspoon Worcestershire sauce |
| 1 dessertspoon fat or margarine | 1 level teaspoon mustard            |
| 1½ cups water                   | 2 tablespoons tomato sauce          |

Heat the fat in a saucepan and add the chopped onion and the garlic. Fry until soft but not brown. Add the meat and stir over a medium heat until the meat changes colour. Stir in the flour, salt and mustard and add the water, Worcester and tomato sauce. Continue stirring until the mixture boils. Cover and simmer for 30 minutes. Half fill individual ramekins with the mince meat mixture and top with the tomato rice. Reheat in a moderate oven and serve garnished with green pepper rings or tomato slices.



## BLADE STEW

1 lb. blade steak  
3 medium onions  
3 medium tomatoes

6 carrots  
2 sticks of celery  
Flour, salt and pepper

Cut steak into 1½ in. cubes, roll in flour, covering thickly. Place in basin, add onion cut into thick slices, then carrots halved or quartered lengthwise, laying over these thickly sliced tomatoes, topping with chopped celery, seasoning each layer as you go. Place basin in a pot of boiling water, without covering the basin, put on lid and boil for 2 hours. Result is a very tasty stew with a nice rich gravy.

## TRIBE ROAST

Boil 1 lb. honeycomb tripe until tender. Leave till cold. Make stuffing of:

1 cup breadcrumbs  
½ cup chopped parsley  
½ small grated onion  
1 dessertspoon lemon juice

1 dessertspoon dripping  
Salt and Pepper  
3 tabs. baked beans or spaghetti

Mix with 1 egg. Put stuffing on honeycomb side of tripe. Roll up, fasten and place in greased baking dish. Cover with rashers of bacon and slices of tomatoes and bake 40 mins. in mod. oven. Serve with balance of beans or spaghetti and mashed potatoes.

## STEWED OX TAIL

1 ox tail  
1 carrot, cut into rings  
1 large onion, peeled and sliced  
½ cup cooked green peas  
1 teaspoon mixed herbs

1½ pints water  
2 tablespoons plain flour  
Extra flour for coating  
Dripping

Soak the tail ½ hour, wash, dry, and cut into joints. Roll each piece in flour, pepper and salt. Melt the dripping in a frying pan.

## BAKED MEAT ROLL

2 lbs. minced steak  
1 dessertspoon chopped parsley  
3 tablespoons white breadcrumbs

Dripping  
Salt and pepper to taste  
1 dessertspoon Worcestershire sauce

Mix steak, parsley, breadcrumbs and seasonings well together, and form into a roll. Place in a roasting tin with the dripping, cover with greased paper, and bake for 1 hour. Baked meat roll can be served hot with gravy and vegetables, or cold with salad.

## STEWED CHOPS WITH CELERY

No. of chops (as required)  
1 tablespoon pearl barley

2 onions (or according to taste)  
1 stick firm celery

Trim chops in usual way, chop onion and celery, place all in saucepan, with pearl barley, pepper and salt to taste, simmer 1½ hours. Then thicken with cornflour paste made with milk and butter.



# Bacon Recipes

## COOKING BACON RASHERS

**To Prepare Rashers of Bacon:** Cut the rind off each rasher of bacon—a pair of kitchen scissors is the quickest thing to use. If you are preparing a lot of bacon cut the rind off two or three rashers at a time. Also remove the small piece of bone which may be in the rashers. Lay each rasher on a board and flatten it with a heavy knife to elongate it and make it quicker to fry.

**To Fry Bacon:** Lay the rashers in a frying pan, overlapping slightly so that the fat side of each rasher is on the base of the pan with the lean part of the next one resting on top of it. Fry the bacon gently and turn it half-way through the cooking (it entirely depends on personal taste how well it is fried). Lift the rashers out of the pan, arrange them on a hot dish and keep them hot while frying the eggs in the bacon fat.

**To Grill Bacon:** Prepare the rashers in exactly the same way as before, then lay them on the grid of the grill pan, overlapping slightly, only this time keep the lean part of the rashers **under** the fat so as to protect them from the direct heat. Turn the rashers half-way through the cooking. Use any left-over fat, and a little extra if required for frying the eggs.

## BACON AND CHICORY SALADS

3 rashers of back bacon

3 rashers of streaky bacon

3 fairly large heads of chicory

3 teaspnfls. mayonnaise or salad dressing

A few sprigs of watercress

A pinch of paprika pepper

Wash the chicory and remove six full leaves; chop the rest roughly. Mix a few sprigs of watercress with the chopped chicory, then divide the mixture between three individual dishes. Arrange two whole leaves at one end of each dish of salad. Run a little mayonnaise into each whole leaf and sprinkle the mayonnaise with a little paprika pepper. Cut the rinds off the rashers of bacon and cook them under a hot grill for a few seconds, turn and grill the other sides. Serve the hot bacon on top of the chicory salad.



## BACON AND POTATO HOTPOT

- |  |  |
|--|--|
| $\frac{1}{2}$ lb. lean bacon, cut in one piece | $\frac{1}{2}$ pint unsalted stock or water |
| 1 lb. potatoes                                 | A little grated cheese                     |
| 1 large onion                                  | Pepper                                     |

Soak the bacon in cold water overnight. Put it into a pan, cover it with cold water, bring it to the boil and simmer it for five minutes. Pour off the water and chop the bacon into fairly large cubes. Peel and slice the potatoes and the onion. Grease an oven-proof dish and cover the base with a layer of sliced potato, then a layer of chopped onion and cubes of bacon. Season with a sprinkling of pepper. Arrange another layer of potato then one of onion and bacon. Add the stock, and sprinkle a little grated cheese over the surface.

Put a lid on the dish and bake it in a fairly hot oven 400 deg. for half an hour then remove the lid and reduce the heat to 350 deg. for a further half-hour or until the bacon and potatoes are tender.

## BACON HAMBURGERS

- |   |  |
|---|--|
| 12 oz. minced cooked bacon              | Pepper                                 |
| 6 soft round bread rolls                | 1 egg                                  |
| 1 level tablespoon finely chopped onion | A little fat for frying                |
| 2 teaspoons tomato ketchup              | 12 spring onions or rings of raw onion |

Mix the minced bacon and the chopped onion with the tomato ketchup. Beat the egg well and work it into the mixture, then season it well with pepper—it is unlikely to require salt. Form the mixture into six flat round cakes about the size of bread rolls. Heat a little fat in the frying pan and fry the hamburger cakes on both sides to heat them thoroughly. Place one between each cut roll and insert two spring onions or the rings of raw onion on top.

## BACON CASSEROLE

- |                         |                             |
|-------------------------|-----------------------------|
| 4 rashers of bacon      | 2 medium-sized apples       |
| 2 medium-sized potatoes | $\frac{1}{2}$ pint stock    |
| 1 onion                 | 1 dessertspoon tomato sauce |
| 1 teaspoon brown sugar  | 1 teaspoon chopped parsley  |

Chop bacon in small pieces (removing rind), put into greased casserole, cover with chopped onion, sugar and apples cut in slices. Put sliced potatoes on top. Add stock mixed with the tomato sauce. Cover and bake slowly in moderate oven for  $1\frac{1}{2}$  hours. Remove lid for last  $\frac{1}{2}$  hour to brown the potatoes. Sprinkle with chopped parsley before serving.



# Party Savouries

## SAVOURY BOATS

### Pastry:

$\frac{1}{2}$  lb. plain flour  
 $\frac{1}{2}$  lb. good shortening  
 $\frac{1}{2}$  level teaspoon salt  
1 level teaspoon baking powder

1 egg yolk  
3 or 4 tablespoons water  
Squeeze lemon juice

Sift the flour with the baking powder and salt. Beat the egg yolk and mix with lemon juice and water. Rub the butter into the flour until the mixture is like breadcrumbs. Add the liquid to the dry ingredients, making into a rather firm dough.

Turn on to a lightly floured board and knead only until smooth on the outside. Roll thinly and cut into oval shapes to line boat-shaped patty tins. Bake in a hot oven for 8 to 10 minutes. Now make any of the following fillings.

### Oyster Filling

$\frac{1}{2}$  pint med. thickness white sauce    Pinch cayenne  
1 dozen chopped oysters           Parsley sprigs  
1 teaspoon lemon juice

Mix the white sauce with the lemon juice, cayenne and chopped oysters. Place 2 teaspoons of this mixture in each pastry boat. Reheat in a moderate oven. Serve hot garnished with lemon and parsley.

### Prawn Filling

$\frac{1}{2}$  pint med. thickness white sauce    Pinch cayenne  
4 oz. shelled and chopped prawns    Lemon and Parsley garnish  
1 teaspoon lemon juice           Extra prawns for garnishing

Combine the prawns with the white sauce and flavour with lemon juice and cayenne. Partly fill the pastry boats with this mixture. Reheat in a moderate oven and serve garnished with shelled prawns, lemon and parsley.

### Whitebait Boats

$\frac{1}{2}$  pint med. thickness white sauce    Squeeze lemon juice  
 $\frac{1}{2}$  cup drained whitebait           Parsley and lemon for garnishing  
1 teaspoon made mustard           1 tablespoon grated cheese for topping

Add the whitebait to the white sauce and flavour with lemon juice, cayenne and mustard. Place a spoonful of the mixture in each pastry case and sprinkle with grated cheese. Reheat in a moderate oven until the cheese melts and is lightly browned. Serve with lemon and parsley garnish.



You wouldn't buy fish from a Chemist,  
Or Tripe from a fancy Bazaar.

You wouldn't go into a Fish Shop,  
If you wanted to buy a Cigar.

You don't buy Boots from a Tailor,  
Or go to a Hotel for a Hat.

So why buy your MEAT from a Grocer,  
You go to a BUTCHER for that.